Claims

We claim:

1. A computer-implemented system for personal development training comprising:

user input comprising the user's goal, possible outcomes and influence factors on the possible outcomes;

a processor for processing the user input and generating an action plan based on the user input.

2. The system of claim 1 wherein the user input comprises:

one or more statements of vision and goal;

one or more statements of possible outcomes;

influence factors for each of the possible outcomes; and

relevant data for each of the influence factors.

3. The system of claim 2 wherein the relevant data for each of the influence factors comprises:

the effect of the influence factor on the possible outcome;

the weight of the influence factor on the possible outcome;

a statement about what drives the influence factor;

the timeframe under which the influence factor operates;

an affecting influence statement about how to affect the influence factor;

the weight of affecting the influence factor;

the risk of affecting the influence factor; and

the willingness to take the risk.

4. The system of claim 2 wherein the user input further comprises:

a list of how to affect the influence factors;

a statement of how to reduce the risk associated with the affecting influence; and

the weight of acting to reduce said risk.

5. The system of claim 1 wherein the action plan comprises:

weighted and prioritized influence factors;

weighted and prioritized affecting influences;

risk-weighted and willingness-weighted affecting influences; and

prioritized risk reduction actions and weights.

6. The system of claim 1 wherein the system is implemented using at least one of a group comprising software; a semiconductor device; a graphical user interface; a command-line interface; and a menu-driven interface.

7. The system of claim 1 wherein the action plan further comprises a video component for heightening the user's motivation and sense of accomplishment.

8. The system of claim 1 wherein the action plan is downloaded to a destination selected by the user.

9. The system of claim 8 wherein the destination is selected from a group comprising a Palm Inc. Palm™ handheld, a personal digital assistant (PDA), an ACT!™ data store, an Outlook® data store, a personal information manager (PIM) data store, and a world-wide-web-based internet data store.

10. The system of claim 1 wherein the action plan is displayed on a display device selected from a group comprising a computer monitor, a portable computer display, a personal digital assistant display, a CRT, an LCD, a plotter, and a printer.

11. A computer-implemented method for personal development training comprising the steps of:

obtaining user input comprising the user's vision and goal, possible outcomes, influencing factors on the possible outcomes and relevant data for each of the influence factors;

for each influence factor, reducing a risk associated with the influence factor to an acceptable level if the risk is too high relative to the importance of the influence factor;

generating and displaying an action plan to the user based on the user input.

12. The method of claim 11, wherein the step of obtaining the relevant data for each of the influence factors further comprises:

obtaining the effect of the influence factor on the possible outcome;

obtaining the weight of the influence factor on the possible outcome;

obtaining a statement about what drives the influence factor;

obtaining the timeframe under which the influence factor operates;

obtaining an affecting influence statement about how to affect the influence factor;

obtaining the weight of affecting the influence factor;

obtaining the risk of affecting the influence factor; and

obtaining the willingness to take said risk.

13. The method of claim 11 wherein the step of risk reduction comprises:

comparing the influence factor's risk to the influence factor's importance;

displaying a list of how to affect the influence factors;

obtaining a statement of how to reduce the risk associated with the affecting influence; and

obtaining the weight of acting to reduce said risk.

14. A computer program product comprising a computer useable medium having computer program instructions stored therein for generating an action plan based on user input, the computer program product comprising instructions for:

obtaining user input comprising the user's vision and goal, possible outcomes, influencing factors on the possible outcomes and relevant data for each of the influence factors;

for each influence factor, reducing a risk associated with the influence factor to an acceptable level if the risk is too high relative to the importance of the influence factor;

generating and displaying an action plan to the user based on the user input.